

Prevention and Management of Gout in Cijati Village

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ABSTRACT

As people age, there are many risks of degenerative diseases that can be experienced by the community. One of them is the problem of gout. The number of gout sufferers is now continuing to increase, not only targeting the elderly, with an unhealthy lifestyle, gout problems can be experienced by people at an earlier age, and this gout problem will become a serious problem. The purpose of this community service is to increase public knowledge regarding efforts to prevent and manage gout. This activity was carried out in January 2025 in Cijati Village, Situraja District, Sumedang Regency. Participants in the community service were people in the Cijati Village area totaling 50 people using counseling and advocacy methods and knowledge measurements were carried out using a questionnaire with a pretest and posttest. There is an increase in the average knowledge about gout, which means there is an opportunity for behavioral change.

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INTRODUCTION

Gout is a common health problem in the community and can affect quality of life if not managed properly. This disease is often triggered by unhealthy diet, lack of physical activity, and genetic factors.

People who do not understand how to prevent and manage gout tend to experience complications, such as chronic joint pain and decreased mobility.

We chose Cijati Village as the location for the counseling because many residents experience health problems related to gout, either due to unhealthy diet or lack of knowledge about managing this disease. This has an impact on their quality of life, such as limited physical activity, increased risk of complications, and economic burden due to medical costs. Lack of understanding about how to prevent and manage gout makes people more vulnerable to more serious health problems.

Through this counseling, we hope to help the people of Cijati Village understand the importance of maintaining a healthy diet, managing weight, and implementing an active lifestyle to prevent and manage gout. Therefore, we took the theme of the counseling "Prevention and Management of Gout in the Cijati Village Community" because it is very important to increase public awareness about the importance of prevention and management of gout in order to support their health and well-being optimally.

METHOD

The method used in this community service generally includes planning, preparing, counseling, and evaluating:

a. Planning

In this process, planning discusses about the date of the counselling, the amount of participant that would be invited in the counselling, the run-down, and the target of the counselling.

b. Preparing

Preparing begins with arranging the notification letter for related sector, making the invitations for all the guests and participants. It also includes preparing the material for presentation, making curriculum vitae (CV) for the speakers, making the attendance list, and preparing the additional equipment that were used in the counselling. The counselling also used medium such as a laptop and one projector.

c. Counselling

The counselling was carried out on Thursday, January 23 2025, at the Cijati Village, Situraja district, Sumedang regency. In the counselling, there were 50 participants. The event was introduced by the speech from the expert at the Cijati Village, Situraja district, Sumedang regency. There was also a question-and-answer session to let all the participant asked any questions relating to the gout prevention. Knowledge measurements were carried out using a questionnaire with a pretest and posttest.

d. d. Evaluating

The counselling was held on time and received high enthusiasm from all the participants. Posttest results showed an increase in average knowledge from 62% to 86%.

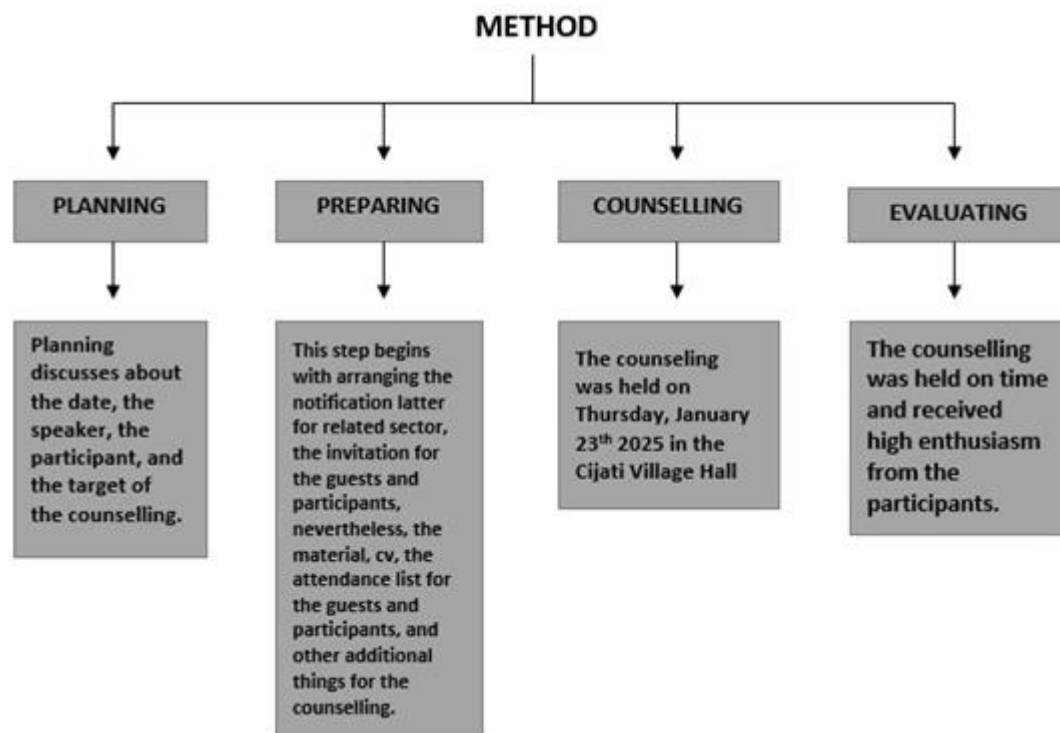


FIGURE 1.

RESULT AND DISCUSSION

Result

This activity was held on Thursday, January 23, 2025, which took place in Cijati Village, Situraja District, Sumedang Regency. The activity, which was opened directly by the Head of Pamengkang Village, went smoothly. The enthusiasm of the community during the activity was very high. This socialization aims to raise public awareness of the importance of prevention and management of gout. The counseling began with an opening, delivery of material from the resource person about the definition of gout, risk factors, symptoms, prevention efforts and treatment of gout and a question and answer session, then ended with a closing.



FIGURE 2. Presentation sesion



FIGURE 3. Presentation material

Discussion

By implementing counseling on prevention and management of gout, it is expected to increase public awareness to improve health behavior in efforts to prevent and manage gout. Some efforts to prevent gout include regular exercise, drinking enough water, reducing consumption of foods high in purine, reducing sugar consumption, controlling body weight, avoiding cigarettes, consuming enough vitamin C and so on. Meanwhile, there are several herbal plants that can be used as efforts to manage gout, including bay leaves, soursop leaves, noni and mulberry leaves. Thus, by increasing public knowledge about prevention and management of gout, it is expected to reduce the incidence of gout in Cijati Village. The limitations in this activity include time constraints and follow-up limitations.

CONCLUSION AND RECOMENDATION

The community service program held on Thursday, January 23 in Cijati Village, Situraja District, Sumedang Regency went well and according to plan. The participants were the people of Cijati Village. They looked very enthusiastic about participating in the event. This can be seen from the questions asked by the participants and the speakers. There is an increase in the average knowledge about gout, which means there is an opportunity for behavioral change.

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